CLAIMS

The inventor hereby claims:

1. An intervening section for an exercise bar comprising

an insertion end;

a receptor end;

a separation release button proximate the insertion end;

a button opening proximate the receptor end; and

separation snap-fit means;

wherein the section's insertion and receptor ends are mated in configuration and size to the cross-sectional configuration and size of an exercise bar's elongated body whereby the section's insertion end fits snugly within and is snap-fitted to an exercise bar's separable receptor end and the exercise bar's separable insertion end fits snugly within and is snap-fitted to the section's receptor end; each respective separation release button disposed, upon connecting the intervening section to the exercise bar's body, into alignment with a respective button opening through which it is urged by snap-fit means, thereby retaining the joined members such that the intervening section increases the effectual length of the bar's elongated body.

2. The intervening section for an exercise bar according to Claim **1** wherein the separation snap-fit means comprised by the insertion end comprises a grasshopper leg spring.

3. The intervening section for an exercise bar according to Claim **1** wherein the separation snap-fit means comprised by the receptor end comprises a resilient integral finger.

4. The intervening section for an exercise bar according to Claim **1** further comprising an orientation assuring track and an orientation

juncture groove.

5. The intervening section for an exercise bar according to Claim **1** wherein the bar's elongated body further comprises a cord stretching recess, thereby permitting certain modes of exercise.